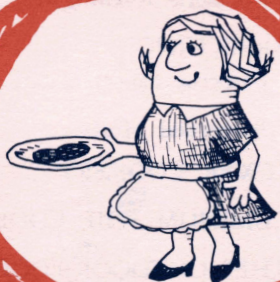


OUTDOOR COOKING





CONTENTS

OUTDOOR MEAL PLANNING

Tips for the Outdoor Chef.....	4
Prevent Food Poisoning.....	4
Be Safe.....	4

EQUIPMENT

Chef's Supplies.....	5
----------------------	---

MAKING THE FIRE

Controlling Heat.....	5
Leftover Charcoal.....	5
Gravel.....	5

MEAT FOR GRILL COOKERY

Marinating Meat.....	6
Cooking Meat.....	6
Grill Roasting.....	6
Rotisserie Roasting.....	6

BARBECUING

Barbecue Sauces.....	8
Barbecued Meats.....	9

SKEWER COOKERY.....10

ALUMINUM FOIL COOKERY.....11

OTHER OUTDOOR FOODS.....12

Appetizers.....	12
Breads.....	13
Salads.....	13
Vegetables.....	13
Desserts.....	14
Coffee.....	14

OUTDOOR MEAL MENUS15

OUTDOOR COOKING



AUTHORS

Jenoyce Douglas
Frances Reasonover

Extension Foods and Nutrition Specialists
Texas A&M University

Authors acknowledge the assistance of Louise Mason, former Extension foods and nutrition specialist, in the preparation of this manuscript.

OUTDOOR COOKING has become a popular way to cook with many families. It puts a zest into appetites, offers opportunity for variations in food preparation and provides fun and fellowship in a style that is sure to increase family enjoyment. An outdoor meal is a delightfully easy way to entertain with minimum preparation and cleanup.

Cooking outdoors involves a certain amount of planning and know-how. Many a frustrated "backyard chef" could have avoided a sad experience had he selected proper equipment, planned his menu well and reviewed the basic steps of outdoor cooking. Those basic steps include safety tips that insure a safe, enjoyable outdoor meal.

OUTDOOR MEAL PLANNING



Tips for the Outdoor Chef

Prevent Food Poisoning

Be Safe

Planning meals by the *Food for Fitness Guide* will insure adequate nutrition. Choose foods that are easy to prepare and store them properly to prevent food poisoning. Select a meat, salad or vegetable or both, bread, dessert and beverage. Try a tossed green salad with a choice of dressings or a vegetable tray. Fruits are a colorful dessert and require little preparation and clean up.

Plan meal service to be simple and easy. Buffet or self-service style is easy to arrange for small or large groups. Place food, plates, silverware and glasses on the serving table. Diners may sit at card tables, around a picnic table or in yard chairs with or without TV trays.

For family-style service, set the table with plates, glassware and silverware. Place food on the table and pass to each person for self-service.

Plastic or paper dishes, cups and glasses and paper napkins are handy for serving an outdoor meal. Good manners, an attractively arranged table and good fellowship make any meal a happy affair.

A successful chef assembles as much of the meal indoors as possible. Do the kitchen work, such as preparing the bread, arranging garnishes or preparing salad greens ahead of time. Collect all necessary items on large trays or a cart and take them outside. Assign jobs so everyone can help prepare food and clean up.

Foods prepared in advance and left outside can be infested with organisms which multiply quickly and do not affect food taste, smell or appearance. Poisoning is possible when food is handled too much or improperly cooked and left exposed several hours outside.

Staphylococcus bacteria, principal cause of food poisoning, can be spread when hands and utensils are not clean, or when food is prepared by someone with an open wound or someone coughing or sneezing. Flies, which spread salmonella infection, are another major source of contamination.

Foods most vulnerable to poisoning are potato salad, egg products, fish, ground hamburger meat, poultry, pork products, sauces, dairy products and pastries, especially custard and cream pies. These should be refrigerated until ready to cook or eat.

Put out the fire when you are through cooking by transferring the hot charcoal to a bucket with long-handled tongs. Fit the lid on tightly. Set the bucket aside to cool out of the reach of children. The charcoal will be dry and ready for use at the next cookout.

Do not use lighter fluids on a fire. Use only approved charcoal lighter fluids. Gasoline, kerosene and fuel oil are dangerous substitutes, because they are highly flammable and explosive.

MAKING THE FIRE

Keep children and pets away from charcoal fires. Make sure the barbecue grill is set firmly on the ground, so it will not tip or spill. Use only flat-bottomed pots and pans. Never heat foods in unopened cans; they might burst and cause serious burns.

If the barbecue area is sprayed before using to control insects, directions on the labels of insecticide containers should be followed carefully. Improperly used insecticides can be dangerous to man and animals. Sprays should be used before any cooking is started. Do not spray when food or dishes are spread out for serving.

EQUIPMENT

The essential equipment for cooking outdoors is a container for fire, a hood to reflect heat and shield the fire from drafts and a grate. A fire box of heavy gauge sheet metal will withstand the intense heat of a charcoal fire. A grill of 18 to 24 inches provides adequate cooking space.

Fancier equipment such as grills with revolving spits, electric motors, lights and adjustable grills is available.

Charcoal or charcoal briquettes give hot heat without smoke or flame. Liquid starters are sprayed over the fuel and then lighted. Electric fire starters are convenient.



Chef's Supplies

- Large bib apron
- Extra large pot holders
- Long-handled fork and spoon
- Steak tongs
- Basting brushes (a clean paint brush is excellent)
- Poker and shovel for coals
- Large salt and pepper shakers and special seasonings
- Cutting board
- Sharp slicing knives
- Clothes sprinkler
- Long-handled skillets and saucepan

Line the bottom of the fire box with heavy duty aluminum foil. Then make a fire base of gravel or similar material about 1 inch deep, so the fire can "breathe." If the fire box has a rounded bottom, use enough base to make a level bed to the edge of the box. After four or six uses, wash the base to remove drippings and ash. Be sure it is thoroughly dry before using, because gravel can explode if heated when wet.

Start the fire 30 to 60 minutes ahead of time, making a bed of coals 4 to 6 inches deep. Stack briquettes in a pyramid and soak lightly with charcoal lighter fluid. Let stand 1 minute and then light. Small gray spots will appear on the charcoal. When the surface is covered with gray ash, spread the coals evenly and the fire is ready.

Never use fuel oil, kerosene or gasoline for a starter. They are highly flammable and dangerous, and the smoke leaves an oily taste on food.

Although charcoal produces an even heat, skill is necessary to keep it burning. Protect the grill from unwanted drafts or the charcoal will burn rapidly and produce high heat in spots. If more charcoal must be added, use started charcoal or warm some at the fire's edge before adding it.

The charcoal should last for 2 hours. This is ample time for broiling steaks, grilling hamburgers or barbecuing kabobs.

Controlling the Heat

Sprinkle water lightly from a clothes sprinkler to cool the fire or vary the distance between the grill and the fire to control heat. A third method is to add or remove hot coals. If quick extra heat is needed, knock the accumulation of ash from the burning charcoal.

Leftover Charcoal

Dip used charcoal in water and dry or put hot coals in a bucket and fit the lid on tightly. Set it aside to cool. Burned charcoal is hard to light; when reusing it, mix it half-and-half with fresh charcoal.

Gravel

Put the gravel from the grill in a bucket and cool with water or wash and dry it to keep it clean.

Poisonous bacteria require moisture, food and temperatures 50 to 110 degrees F. Heat destroys harmful bacteria, and cold retards production of toxins.

MEAT FOR GRILL COOKERY

Equipment, number of guests to be served and time available for preparation influence meat selection. Roasting and broiling are the basic cooking methods. These meats are desirable for roasting and broiling: beef; pork and lamb roasts; smoked or cured ham slices; sirloin, T-bone; rib and ribeye steaks; lamb or pork chops; beef or lamb cubes or patties; Canadian bacon; and some varieties of sausage, fryers and fish.

Some outdoor cooks prefer a large sirloin steak about 1½ inches thick. Allow ½ pound per serving. This is cut into serving pieces after broiling.

Marinating Meat

Tenderize meat and add flavor with a thin barbecue sauce, French dressing or soy sauce. Marinate steaks or chops 15 to 30 minutes. If marinated longer, place meat in refrigerator.

Cooking Meat

Grease grill with unsalted oil or fat. Slash fat edges of steaks and chops to prevent curling. Cook on one side and baste, if desired, with a thin French dressing, barbecue sauce or melted butter or margarine. Turn meat with tongs. Do not turn too often, or too much juice will be lost.

Press ground meat for patties firmly together so they will not break on the grill. Flattening patties while cooking causes juices and flavor to be lost. Season meat with salt, pepper, melted butter or margarine, meat sauce, equal parts of creamed butter or margarine and blue cheese or chopped chives, onions or garlic juice.

Grill Roasting

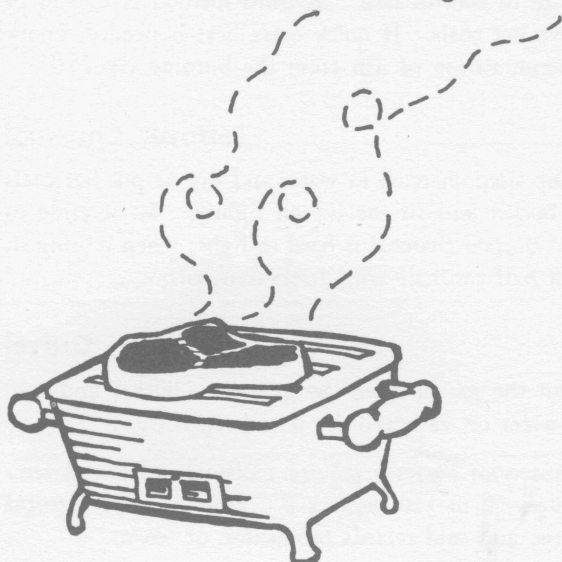
Place meat for roasting 7 inches above coals. Baste every half hour. Turn roast so all except fat side is lying on grill at some time during cooking. A 3-pound roast will require about 3 hours to cook rare.

Rotisserie Roasting

Select tender cuts of meat, shaped regularly, for rotisserie roasting. Standing rib, boneless rump, sirloin tips and high quality (low choice) chuck and arm roasts are suitable for this type of cooking. Lamb, pork and bologna may also be used. Poultry for this method include rock cornish game hen, broiler or fryer, roaster, tender hen or turkey. Truss and tie chickens and turkeys so the wings and legs are tight against the body.

Spear meat through the middle to balance weight and to insure that it is turning with the rod. The spit should turn away from the cook. Then fat drops off on the upswing with the fire toward the back of the firebox. Place a drip pan, made of foil, under the meat. Basting is optional, unless the meat is very lean. Meat properly spitted will baste itself with its own juices.

Cooking time depends on the size of the piece, beginning temperature of the fire, and whether the spit is shielded from wind. Insert a meat thermometer at a slight angle so the tip is in the center of the roast but not resting in fat, on the bone



GUIDE FOR OUTDOOR MEAT COOKERY

Food	Amount and/ or thickness	Distance from fire	Cooking time	Special directions
Beef				
Hamburgers	1/2 to 3/4 in.	2 to 3 in.	5 to 10 min. on each side	Allow 3 to 4 servings per lb. lean or extra lean ground beef.
Steaks	1 in. thick	5 to 6 in.	20 min. for medium rare, total time	1 steak per person.
	2 in. thick	5 to 6 in.	35 to 40 min. for medium rare, total time	
Cube steaks	1/4 to 1/2 in.	2 in.	2 to 3 min. on each side	Do not overcook.
Hot dogs	2 per person	3 to 4 in.	10 to 12 min.	Before charcoal cooking, combine beef short ribs and seasonings. Cover with water. Bring to boil, and if not precooked, increase cooking time to 30 to 35 min. Serves 4 to 6.
Short ribs	3 lb. for 4 to 6 servings	5 in. above fire	10 min. on each side, basting with sauce	
Lamb				
Lamb chops	1 in. thick	3 in.	30 to 35 min.	Two chops per person.
Lamb kabobs	Cut into 1-in. cubes	4 in.	20 to 25 min., brush with marinade	Marinate 2 to 3 hrs. in 2 T. oil, 1/4 cup vinegar, 1/2 tsp. oregano, 1 tsp. salt, 1 clove garlic, crushed, and pepper to taste.
Pork				
Grilled pork chops	1 in. thick	4 to 6 in.	35 to 40 min.	Pork should be fairly well cooked. Do not place too close to fire or will be dry and overcooked on the outside before inside is done.
Spareribs	4 lb. for 6 servings	4 to 6 in.	25 to 30 min. Base frequently with barbecue sauce	Combine ribs with one onion, quartered, salt and pepper. Cover with water and bring to boil. Simmer 1 1/2 hr. before cooking on charcoal. Serves 6.
Ham steaks	1 in.	3 to 5 in.	8 to 10 min. each side	
Smoked pork chops	1 in.	3 to 5 in.	8 to 10 min. each side	
Poultry				
Chicken	Cut up pieces	4 to 6 in.	25 to 30 min.	Cook inside first, skin side last.
	Split halves	6 to 8 in.	45 min.	
Chicken on spit	Whole chicken	6 to 8 in.	1 1/4 to 1 1/2 hrs.	Tie wings close to body or will be overcooked. Cavity may be stuffed.
Variety meats				
Sausage patties	1/2 in.	2 to 3 in.	5 to 8 min. on each side	
Bologna	1 in.	2 to 3 in.	10 min. on each side	

or on the rotisserie rod. The thermometer must clear the grill and drip pan while turning.

Temperature ranges for beef are: rare 130 to 135 degrees F.; medium, 145 to 155 degrees F.; and well-done, 160 to 180 degrees F. Pork should be cooked to 185 degrees F. Use low to moderate temperatures. When using a rotisserie, coals should glow, not flame.

CHARCOAL-BROILED STEAK WITH MUSTARD SAUCE

- | | |
|-----------------------------|--------------------------------|
| 4 sirloin strip steaks | 1/2 teaspoon garlic salt |
| 2 tablespoons dry mustard | 1/4 cup vinegar or lemon juice |
| 1/2 cup butter or margarine | 2 small bay leaves, |
| 4 drops Tabasco sauce | crushed very fine |

Put steaks on grill 4 inches above coals. For rare steaks, broil 5 to 8 minutes on each side. Combine mustard, butter or margarine, Tabasco sauce, garlic salt, vinegar or lemon juice and bay leaves. Mix to a smooth paste. Spread mustard sauce over steaks while last side is broiling. Serves 4.

CHARCOAL-BROILED LAMB CHOPS WITH CURRY SAUCE

- | | |
|----------------------------|-----------------------------|
| 4 loin lamb chops | 1 teaspoon dry mustard |
| 1/8 teaspoon garlic powder | 1/4 cup butter or margarine |
| 1/2 teaspoon curry powder | 1/4 cup wine vinegar |

Place chops on grill 4 inches above coals. For well-done chops, broil about 10 minutes on each side. Brush tops of chops with curry sauce two or three times. Serves 2. To make curry sauce: mix garlic powder, curry powder, mustard and butter or margarine. Add vinegar, a little at a time until sauce is smooth.

HAM STEAK WITH PEACH SURPRISE

- | | |
|-------------------------------|------------------------|
| 8 slices cooked boneless ham, | Cherry preserves |
| 1/2 inch thick | 8 canned peach halves, |
| Crushed pineapple, drained | drained |

Place ham slices on grill 3 to 4 inches above coals. Turn ham when lightly browned. In the center of each ham slice, place a spoonful of pineapple and top with small spoonful of cherry preserves. Cover with a peach half, cut side down and heat 5 minutes. Serves 8.

OLD-FASHIONED HAMBURGERS

- | | |
|-----------------------------|-------------------------------|
| 1 pound ground beef | 1 teaspoon Worcestershire |
| 2 tablespoons chopped onion | sauce |
| 1 teaspoon salt | 1 tablespoon prepared mustard |
| | 4 hamburger buns |

Toss all ingredients together and mix lightly. Shape into four patties about 1/2 to 3/4 inch thick. Place on grill and cook until done, turning once. Serve on split, toasted hamburger buns with sliced tomatoes, sliced onion, lettuce, mustard or mayonnaise. Buns may be warmed by placing split side down on patty after it has been turned. Serves 4.

HAMBURGER GOLDMINES

- | | |
|---------------------|-----------------------------|
| 1 egg | 4 slices processed American |
| 1 tablespoon milk | cheese |
| 1 pound ground beef | 1 teaspoon soy sauce |
| 1 teaspoon salt | 4 hamburger buns |
| Pepper | |

Beat egg slightly and combine with milk. Mix with ground meat, salt and pepper. Make eight flat patties. Place a slice of cheese on each of four patties and cover with four remaining patties. Press edges together to seal. Sprinkle each with 1/4 teaspoon soy sauce. Place on grill about 4 to 6 inches from coals. Broil about 5 minutes on each side. Serve hot in hamburger buns. Serves 4.

BARBECUING

Barbecuing is easy, it's fun, and everyone likes the result when it is done properly. Barbecuing means to cook the meat over an open fire and baste with a sauce as it cooks. There are as many barbecue sauces as there are cooks. Here are a few basic recipes to give you a start. Use them and be a creative genius.

Barbecue Sauces

THICK BARBECUE SAUCE

- | | |
|------------------------------------|-----------------|
| 2 small onions, finely chopped | 3/4 cup water |
| 2 tablespoons vinegar | 3/4 cup catsup |
| 2 tablespoons Worcestershire sauce | 1 teaspoon salt |
| 1 teaspoon chili powder | |



Mix all ingredients in stew pan. Cover and simmer 20 minutes. Keep in covered container in refrigerator to be used as needed. Yield: 1½ cups.

THIN BARBECUE SAUCE

A good sauce for daubing steaks, chops and ribs.

½ pound butter or margarine	1 tablespoon sugar
1 cup vinegar	½ cup Worcestershire sauce
1 cup water	1 cup catsup
1 teaspoon dry mustard	2 tablespoons lemon juice
2 tablespoons finely chopped onion	1 clove garlic

Mix ingredients together and simmer 1 hour. Remove garlic. Add cayenne pepper for hot sauce. This sauce may be made in advance and stored in refrigerator. Yield: 1 quart.

TEXAS BARBECUE SAUCE

¼ cup sugar	2 teaspoons salt
¼ cup Worcestershire sauce	2 teaspoons paprika
2 tablespoons prepared mustard	¼ teaspoon pepper
1½ cups vinegar	2 cloves garlic, peeled and minced
1 cup catsup or tomato paste	2 medium onions, chopped finely

Combine ingredients and cook slowly for 30 minutes. Yield: 3 cups.

SMOKY BARBECUE SAUCE

¼ cup brown sugar	1 medium sized onion, finely chopped
¼ cup vinegar	¼ cup salad oil
⅔ cup catsup	2 tablespoons liquid smoke
⅓ cup water	¼ teaspoon coarsely ground pepper
2 tablespoons soy sauce	¼ teaspoon cayenne pepper
2 tablespoons Worcestershire sauce	1½ teaspoon salt
1 tablespoon prepared mustard	

Mix all ingredients in saucepan and simmer slowly 30 minutes. Yield: 2 cups.

BARBECUE SAUCE FOR CHICKEN

1 pound butter or margarine	½ cup Worcestershire sauce
½ cup lemon juice or vinegar	⅛ teaspoon pepper
2 tablespoons sugar	1 tablespoon pickling spice
2 cups tomato catsup or tomato sauce	

Melt butter or margarine and add sugar, catsup or tomato sauce, Worcestershire sauce and pepper. Add spices tied in a bag and bring to full boil. Remove spice bag. If a less rich sauce is preferred, reduce butter or margarine to ½ pound and add 1 cup beef or chicken broth. Store in refrigerator. Yield: Approximately 5 cups.

Barbecued Meats

BARBECUED SPOONBURGERS

1 pound ground beef	1 cup catsup
3 tablespoons fat	1 teaspoon salt
1 onion chopped	¼ teaspoon pepper
1 green pepper, chopped	4 hamburger buns

Melt fat in skillet. Add onion and green pepper and cook about 3 minutes. Add meat and continue cooking and stirring until pink color of meat has disappeared. Add catsup, pepper and salt and cook slowly until flavors are well blended, about 15 minutes. Spoon onto hot, split buttered buns.

GRILLED OR BARBECUED CHICKEN

Split broilers, allowing one-half chicken per person. Wash and dry inside and out; rub well with salt and pepper. Pour marinade over chicken; let stand for an hour before cooking. Place 5 or 6 inches above coals, turn frequently and baste with marinating sauce.



Marinating broilers and fryers is not essential, but many outdoor chefs like to marinate the chicken in a sauce to improve its flavor. The marinade can also be used as a basting sauce.

BARBECUED SPARERIBS

Buy lean spareribs or meaty back ribs. Allow $\frac{3}{4}$ to 1 pound per serving. Leave whole or cut in serving size chunks of about 6 ribs each.

To cook before glazing, cover ribs with water, season with one sliced onion, one bay leaf, 1 teaspoon salt and a few peppercorns. Cover and simmer about 1 hour or until tender. Drain and chill until ready to finish outdoors.

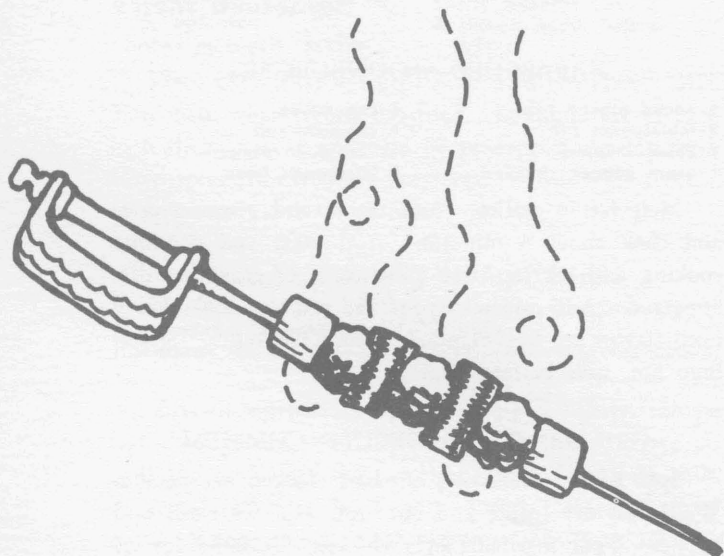
Brush barbecue sauce on ribs and grill about 15 minutes, basting often. Serve with extra sauce.

HOT DOGS

Allow two frankfurters per person. Grill only until hot and lightly browned, as franks are precooked. Serve on hot dog buns with mustard, mayonnaise and/or pickle relish or barbecue sauce.

SKEWER COOKERY

A kabob is a meal-on-a-stick. Select meat and vegetables that cook in the same time. Some vegetables may be parboiled to shorten cooking time. Meats such as steak and lamb that take longer to cook than raw vegetables or fruits can be placed on separate skewers.



Grill the vegetables on separate skewers about the last 10 minutes of the cooking time for the meat. Do not overcrowd. Heat should reach all sides of the meat. Use long metal skewers or hardwood sticks. Brush with a zesty sauce, melted butter or margarine or thin barbecue sauce during cooking.

Serving Kabobs

Push cooked foods from skewers onto toasted buns or bread or onto a plate or platter. Here are some ideas for kabobs:

Hamburger balls — wrapped in bacon, quartered tomatoes, green pepper and onion.

Beef steak — 1 to 2 inch cubes, partially cooked potato, onion and whole carrot.

Cheese cubes — wrapped in bacon, tomato wedges.

Lamb — 1 to 2 inch cubes, bacon, tomato wedges, pineapple chunks.

Chicken livers — bacon, green pepper.

Ham cubes — pineapple chunks, orange slices.

Luncheon meat cubes — quartered tomatoes, small cooked onions, or pineapple and banana cubes.

Bologna cubes — onion, bacon.

Raw shrimp — scallops, bacon squares.

Hot dogs — cut in 1 inch pieces, pineapple or apple cubes, bacon squares.

Marshmallow — pineapple chunks or peach halves, banana chunks, orange slices.

Ham — fully cooked, cut in 1 inch cubes, small partially cooked potatoes, banana cubes.

Brown and serve sausage — tomato wedges, onions, green pepper or apple cubes rolled in brown sugar.

LAMB CUBES IN APRICOT MARINADE

3 pounds lamb leg or shoulder cut, into $1\frac{1}{2}$ -inch cubes 1 recipe apricot marinade

Cover meat with marinade. Refrigerate overnight in refrigerator. Drain meat and thread cubes on skewer. Heat the sauce in which meat was marinated and serve with kabobs. Makes 8 to 10 servings.

APRICOT MARINADE

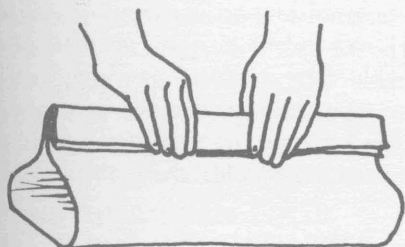
2 tablespoons butter or margarine	1 tablespoon curry powder
$\frac{1}{2}$ clove garlic, finely chopped	Dash cayenne pepper
2 cups apricot pulp, 11 ounces uncooked dried apricots	$\frac{1}{4}$ cup brown sugar
1 teaspoon salt	3 tablespoons vinegar
	1 cup water, include cooking liquid from apricots

Melt butter or margarine in heavy saucepan. Add garlic and onions and cook until soft. Add remaining ingredients. Mix thoroughly. Cover and simmer about 10 minutes, adding water if mixture is too thick. Cool and pour over lamb cubes to marinate. Yield: $3\frac{1}{2}$ cups. This is also a good marinade for cured ham.

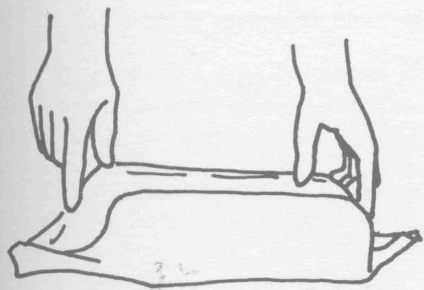
ALUMINUM FOIL COOKERY

The convenience of aluminum foil makes the preparation of a meal, vegetables or fruits easy when cooking outdoors. Here are some tips for cooking with foil:

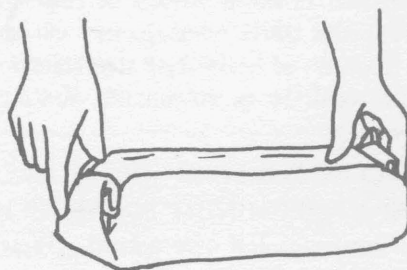
- Use a bed of hot coals — never a flaming fire except when using a reflector oven.
- Add salt, pepper, butter or margarine to vegetables before cooking. Exception: baked potatoes.
- Wrap food with drug store wrap. Then place wrapped food in the center of aluminum foil sheet. Foil should be large enough to allow for the drug store wrap:



1. Bring the two sides of aluminum foil evenly together at the top.



2. Fold the two edges together until tight on food.



3. Fold each end several times toward food until tight.

Take another sheet of aluminum foil the same size as the first; repeat process, making a triple layer around the food. This package is placed directly on the coals. When the food is cooked, the contents are eaten from the wrap.

ROASTING EARS

2 cloves garlic, crushed
 $\frac{1}{2}$ cup soft butter or margarine

6 roasting ears
Salt and pepper to taste

Mix butter and garlic; let stand 1 hour. Remove outer shucks from corn. Loosen inner shucks and remove silks. Brush ears of corn with garlic butter. Tie shucks into place. Wrap ears with aluminum foil, place on grill over hot coals, turn frequently. Cook 15 to 25 minutes, depending on tenderness of corn. Serves 6.

BAKED SWEET OR IRISH POTATOES

Scrub potatoes and wrap in foil. Place on hot coals, turning often. Bake 1 hour or until soft. Cut a cross on top, pull back foil and add butter or margarine, salt and pepper. Serve in foil wrapping.

CANDIED SWEET POTATO

Peel and cut medium-sized potato into shoe-string pieces. Place on aluminum foil, add 2 tablespoons water and $\frac{1}{4}$ to $\frac{1}{2}$ cup brown sugar, depending on desired sweetness. Fold and wrap. Bake 7 minutes on each side over hot coals. Serves one.

TOMATOES AND ONIONS

Cut medium-sized, firm tomatoes in half crosswise; season with salt and pepper. Place a thin slice of onion between the halves. Fasten with a toothpick and wrap each tomato in a square of heavy aluminum foil. Bake at edge of grill 15 to 20 minutes.

VEGETABLE HOBO PACKS

Any frozen or canned vegetable may be cooked this way. Wrap one 10-ounce package of frozen vegetables and 2 tablespoons butter or margarine, salt and pepper in double thickness of heavy duty aluminum foil. Place on grill and cook 30 to 40 minutes, turning once or twice. Serves 3.

RICE IN ALUMINUM FOIL POUCHES

Place a square of foil over a bowl. Press down to form a pouch. Combine equal parts of precooked rice and water, about $\frac{1}{3}$ cup of rice per serving and season with butter or margarine and salt. Draw up corners of foil and twist to seal pouch. Place on hot grill and cook for 15 minutes. Serve in pouch. Serves 1.

BUNDLED POTATOES

On a 10-inch square of aluminum foil, place a potato cut into $\frac{1}{2}$ inch slices, a $\frac{1}{4}$ inch thick slice of onion, 1 tablespoon butter or margarine. Season with salt and pepper. Fold and twist foil to cover. Bake on hot coals or on grill 45 minutes.

HAMBURGER PICNIC BUNDLES

Place a well-seasoned beef patty in center of 10-inch square of aluminum foil; add a teaspoon of steak sauce or chili sauce. Cover meat with thinly sliced potatoes, carrots and onions. Season with salt and pepper. Add 1 tablespoon water. Fold the foil up loosely around the food. Seal tightly. Cook over hot coals about 20 minutes. Turn once or twice.

FISH IN FOIL

Place serving of fresh fish in center of a piece of aluminum foil. Add a slice of bacon, seasoning and 1 tablespoon water. Fold foil and place on grill or in the coals. Bake 10 to 12 minutes, turning once or twice. Chopped green pepper and onion may be added before cooking for additional flavor.

OTHER OUTDOOR FOODS

Appetizers

Dips and spreads with assorted crackers and vegetable sticks and kabobs are ideal for nibbling while the meal is cooked. Each person prepares his own kabobs. Here are some suggested appetizers:

BARBECUED SHRIMP

Place cooked shrimp on small skewers, brush with barbecue sauce and heat until bright pink in color.

VEGETABLE-FRUIT-MEAT APPETIZERS

Arrange a tray of bite-sized marinated vegetables, small cubes of meat or fruit such as pineapple wedges or banana chunks. (To be speared and held over the fire until browned, then eaten immediately.)

Vegetables that can be served are zucchini, yellow squash or eggplant, cherry tomatoes, green pepper cubes, canned baby carrots, mushrooms and onions.

CANNED HAM BITES

Cut canned ham or luncheon meat and green pepper into $\frac{1}{2}$ inch cubes, marinate in olive oil, seasoned to taste with curry powder, powdered cumin, salt and pepper. Spear ham, with green pepper on either side; hold over barbecue fire until sizzling. A 12-ounce can of luncheon meat yields about 50 bite-sized pieces.

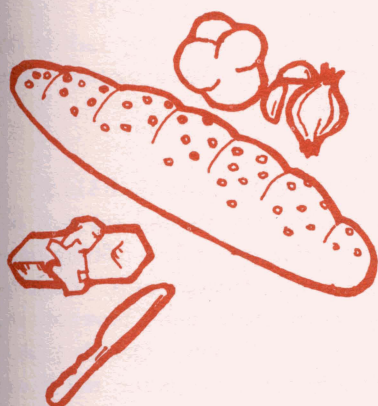
PINEAPPLE AND BOILED HAM

Roll pineapple in ham and place on small skewers. Heat and serve.

DIPS AND SPREADS

Choose some spreads from the supermarket or make your own. Sour cream and cream cheese are usually the base; add seasonings as desired.





Breads

GARLIC BREAD

- | | |
|---|-------------------------------------|
| 1 loaf unsliced French bread,
10 to 12 inches long | ½ cup margarine or
butter melted |
| ¼ teaspoon garlic powder | 1 teaspoon paprika |

Slice bread in 1-inch thick slices, cutting to within ¼ inch from the bottom of the loaf. Add garlic powder and paprika to margarine or butter and blend well. Spread between slices and over top of bread. Wrap in foil and heat on back of grill.

HOT PARMESAN ROLLS

Split large crusty dinner rolls in half. Spread cut sides with butter or margarine. Sprinkle generously with grated Parmesan cheese. Put halves together and wrap rolls in double thickness of aluminum foil. Heat on grill about 10 minutes.

Salads

Salads of crisp greens or a vegetable platter of carrot or celery sticks, green onions, sliced cucumbers, green peppers and tomatoes go well with an outdoor meal.

Cabbage slaw and pickled fruits and vegetables are also favorite additions to an outdoor meal.

SOUR CREAM POTATO SALAD

- | | |
|--|------------------------------|
| 5 cups cooked diced potatoes | 2 teaspoons salt |
| ½ cup finely diced cucumber,
optional | 6 hard-cooked eggs |
| 2 tablespoons finely chopped
onion | 1 cup commercial sour cream |
| 1 cup diced celery | ¾ cup salad dressing |
| | 2 tablespoons vinegar |
| | 2 teaspoons prepared mustard |

Toss together lightly the potatoes, cucumber, onion and seasonings. Remove yolks from egg. Chop egg whites and add to potato mixture. Press egg yolks through sieve and combine with sour cream, salad dressing, vinegar and mustard. Fold dressing into potatoes. Chill well. Serve on crisp salad greens. Serves 8.

GREEN SALAD WITH BACON-CHEESE

- | | |
|--|---------------------------------------|
| 1½ quarts chopped
salad greens | 1 grapefruit, peeled and
sectioned |
| 8 slices bacon, fried crisp
and crumbly | ½ cup crumbled Blue cheese |
| 1 avocado, peeled, seeded
and chopped | French dressing |

Toss lightly together salad greens, bacon, avocado, grapefruit and cheese. Add only enough French dressing to moisten. Serve at once. Serves 6 to 8.

RICE PICNIC SALAD

- | | |
|---------------------------|---------------------------------------|
| 3 cups hot cooked rice | ¼ cup minced sour pickles |
| ¼ cup French dressing | ⅓ cup sweet relish |
| ¼ cup minced onion | 2 tablespoons minced pimento |
| 1 teaspoon salt | 2 hard-cooked eggs, chopped |
| ¼ teaspoon pepper | ⅔ cup mayonnaise or salad
dressing |
| ½ cup minced celery | |
| ⅓ cup minced green pepper | |

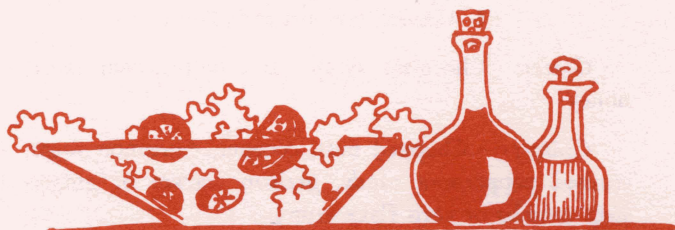
Combine rice, French dressing, onion, salt and pepper. Let stand while preparing remaining ingredients. Add celery, green pepper, sour pickles, sweet relish, pimento, eggs and mayonnaise or salad dressing; toss lightly with a fork. Chill thoroughly. Serves 6.

Vegetables

CHUCK WAGON BEANS

- | | |
|----------------------------------|---------------------------|
| 2 number 303 cans baked
beans | 2 tablespoons brown sugar |
| ⅓ cup catsup | 2 teaspoons dry mustard |
| ¼ cup molasses | ½ teaspoon onion salt |
| | 4 slices bacon |

Mix together all ingredients, except bacon, in a heavy pot. Cut bacon strips in half; place on top of beans. Cover, set on back of grill and cook, stirring occasionally from 30 minutes to 1 hour.



ROASTED CORN — INDIAN STYLE

Pull back shucks and remove silks. Replace husks and tie ends with string. Soak in cold water to prevent excessive browning. Place ears on grill; roast 15 to 20 minutes, turning frequently until husks are dry and browned.

Desserts

Keep desserts simple as:

- Fresh fruits to eat out of hand
- Sheet cakes served from baking pan
- Cookies
- Ice cream
- Fruit tarts
- Cheese and fruit trays

CHEESE AND FRUIT TRAYS

Arrange trays of wedges of Gouda, Gorgonzola or Blue cheese and cubes of aged Cheddar or Muenster, on gay picks with a selection of crisp crackers.

Add thin finger slices of Swiss cheese to a platter filled with small bunches of grapes, wedges of apples, pears or pineapple chunks. Dip apple and pear wedges in lemon juice or commercial preparation for preventing discoloration.

BAKED APPLE

Core and fill apple with sugar, raisins and nuts. Wrap in foil, using drug store wrap. Bake on hot coals until soft. Serves 1.

SOME MORES

Roast marshmallows over coals. Place on graham cracker. Top with half of a thin chocolate bar and another graham cracker.

TOASTED MARSHMALLOW TREATS

1 4-ounce box marshmallows

Glazes: Chocolate syrup, thin butterscotch sauce, honey

Coatings: Chopped nuts, coconut, cinnamon sugar, crushed peppermint candy, graham cracker or ginger-snap crumbs or corn flake crumbs.

Toast marshmallows on end of skewer until golden brown; dip in a glaze, then in a coating. Makes 16.

MOCK-ANGELFOOD

Cut bread slices in fourths. Dip each in sweetened condensed milk. Roll in flaked coconut. Toast over coals.

CINNAMON SUGAR BALLS

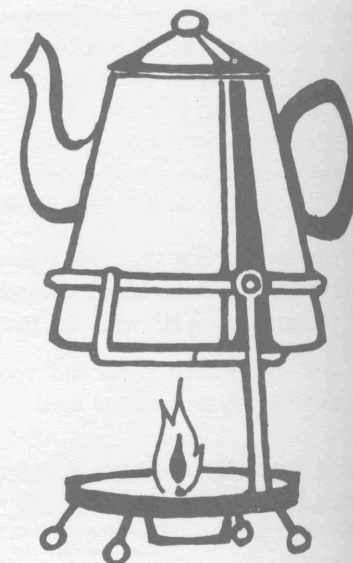
Open refrigerated biscuits and cut each biscuit in thirds; roll each piece into a ball. String on skewers, leaving about $\frac{1}{2}$ inch between balls. Cook over live coals, turning occasionally until browned and completely done, about 7 minutes. Quickly push off biscuits into melted butter or margarine, roll in cinnamon sugar mixture. One can of refrigerated biscuits makes 30 to 36 sugar balls.

Coffee

BREWED COFFEE

$\frac{3}{4}$ cup water and 2 tablespoons
regular grind coffee per serving

Measure water into a coffee pot and bring to boiling point. Remove pot to one side of grill so water stays hot, but not actually boiling. Add coffee. Stir the brew for half a minute and let it steep over low heat 6 to 8 minutes. A few drops of cold water will settle the grounds. Serve immediately.



OUTDOOR MEAL MENUS

Barbecued Rib Supper

Barbecued Ribs*
Baked Beans*
Vegetable Relish Tray
Toasted Buns
Fresh Fruit in Season
Milk Coffee

Steak Dinner

Broiled Steak*
Roasted Corn on Cob*
Tossed Vegetable Salad
Hot Parmesan Rolls*
Cheese and Fruit Tray*
Milk Coffee

Barbecued Chicken Supper

Barbecued Chicken*
Broccoli in Foil* Baked Potatoes*
Sliced Tomatoes and Cucumbers
Grilled Garlic Bread*
Sheet cake Punch

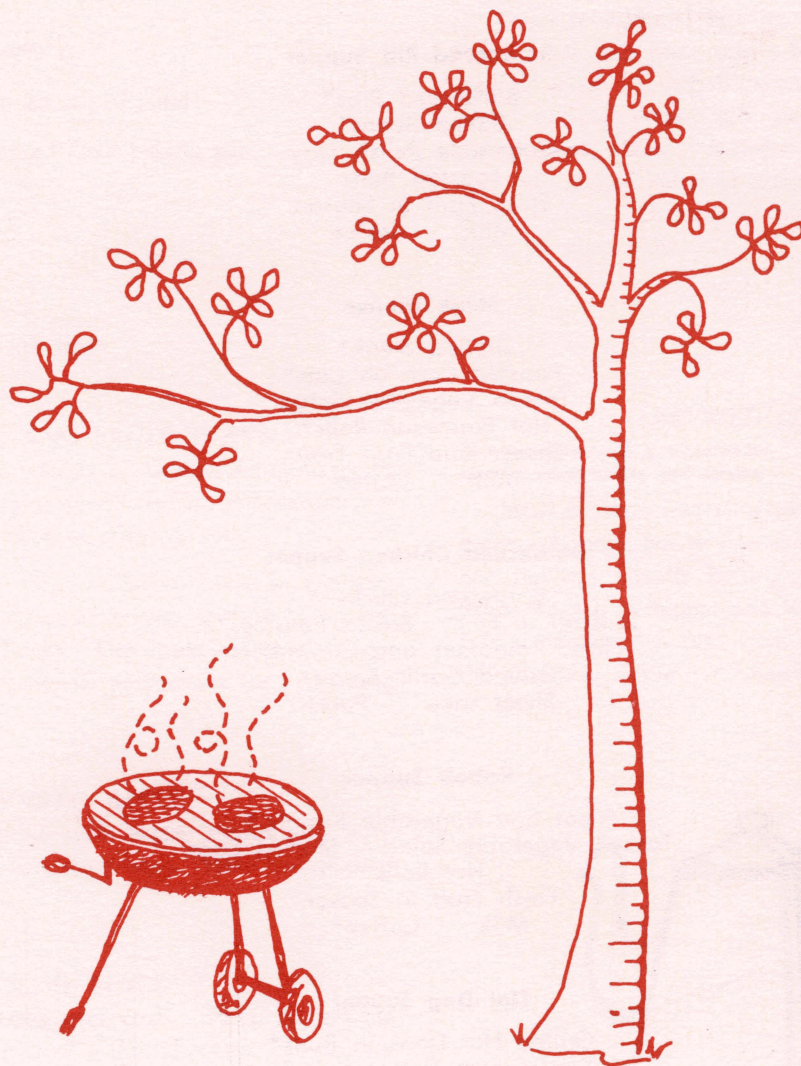
Kabob Supper

Meat and Vegetable Kabobs*
Tossed Vegetable Salad — Stuffed Eggs
Hot Rolls
Fresh Fruit in Season
Milk Coffee*

Hot Dog Supper

Grilled Hot Dogs in Buns*
Sour Cream Potato Salad*
Sliced Tomatoes
Some Mores or Toasted Marshmallow Treats*
Fruit Punch Coffee*

*Recipes in bulletin.



15¢ Per Copy

Cooperative Extension Work in Agriculture and Home Economics, Texas A&M University and United States Department of Agriculture cooperating. Distributed in furtherance of the Acts of Congress of May 8, 1914, as amended, and June 30, 1914.
25M—10-67.